Creating Health - Class 2

Movement, Nature, Creativity, and Human Connection (Ages 14-18yo)

1. Why is movement described as “cellular instruction”?
A. Because muscles only grow when you exercise
B. Because movement sends biochemical signals that influence how cells adapt
C. Because exercise burns calories
D. Because athletes need it to compete

2. Which best explains why frequent short movement breaks improve metabolism?
A. They prevent sweating
B. They keep muscles contracting and improve glucose regulation
C. They increase appetite
D. They replace the need for sleep

3. Which type of activity provides the greatest stimulus for maintaining bone density?
A. Swimming laps
B. Watching fitness videos
C. High-impact or load-bearing movement
D. Stretching while seated

4. Interoception helps you:
A. Run faster
B. Jump higher
C. Improve reaction time
D. Recognize internal states like hunger, stress, or fatigue

5. Brachiation (hanging and swinging) primarily strengthens:
A. Neural coordination and brain-body integration
B. Only chest muscles
C. Lung capacity alone
D. Digestive enzymes

6. Why is variety in movement important?
A. The body adapts only to the specific forces it experiences
B. Muscles get bored
C. It prevents sweating
D. It eliminates the need for strength training

7. Nature exposure supports health partly because it:
A. Eliminates all stress
B. Replaces exercise
C. Provides light cues, microbial exposure, and sensory input
D. Guarantees happiness

8. Eating without distraction improves digestion because it:
A. Speeds up chewing
B. Activates stress hormones
C. Reduces calorie intake automatically
D. Supports parasympathetic nervous system activity

9. Creativity functions as a health input because it:
A. Engages multiple brain networks and shifts autonomic balance
B. Burns more calories than cardio
C. Replaces social connection
D. Eliminates stress permanently

10. According to longevity research, one of the strongest predictors of long-term health is:
A. Expensive technology
B. Quality relationships and sense of contribution
C. Extreme workouts
D. Perfect genetics

Home Activity Key

Fill out your Movement Dashboard (central circle) – put the date on top.

(1) Single-Leg Balance (eyes closed)
Purpose: Brain-body coordination
How to do it:
1. Stand on one foot.
2. Close eyes.
3. Hands on hips.
4. Stop timing if other foot touches down or you hop.

Record best time per leg.

(2) Dead Hang Time
Purpose: Shoulder integrity + grip + nervous system tolerance
Equipment: Pull-up bar
How to do it:
1. Grip bar with overhand grip.
2. Hang with arms fully extended.
3. No swinging or kicking.
4. Stop when grip fails.

Record total seconds.

(3) 5x Sit-to-Stand (seconds)
Purpose: Lower body strength and power
Equipment: Chair (standard height ~17–18 in), stopwatch
How to do it:
1. Sit in the middle of the chair. Feet flat, shoulder-width apart.
2. Cross arms over chest.
3. Stand up fully and sit back down 5 times as fast as possible.
4. Hips must fully extend at the top. Butt must touch chair each rep.
5. Time starts on “Go” and stops when you stand fully on rep 5.

Record total seconds.

(4) 1-Minute Heart Rate Recovery
Purpose: Recovery capacity
How to do it:
1. Perform intense effort for 1–3 minutes (step test or hard cycling).
2. Immediately record heart rate.
3. After 1 minute of rest, measure again.
4. Subtract: Peak HR – HR at 1 minute.

Higher drop = better recovery.

(5) CO_2 Tolerance (seconds)
Purpose: Breath control + stress tolerance
How to do it (after normal exhale):
1. Sit calmly.
2. Take a normal breath in.
3. Exhale normally.
4. Hold breath.
5. Stop at first strong urge to breathe.

Record seconds.